

# SCIENCE MAGAZINE: NUTRITION

## Hiccups

Sometimes, if we eat too much food too quickly, we get the hiccups. When this happens, the diaphragm contracts suddenly. The vocal cords close quickly and stop the air coming in. This produces a sound that we all know... hic!



Through which body system does oxygen enter our body?

1. Which body system is mainly involved when we get hiccups?

The .....system

2. Why do we call it "hiccups"?

Because of the .....we produce.

This really is a white smile.



Which sense organ are teeth closely connected to?

## Dental hygiene is an old custom

Having clean teeth is so important that even ancient Egyptians used a paste, which they made from salt, mint, pepper and dried lily flower. However, they didn't know that brushing your teeth also prevented cavities. They thought a 'tooth worm' that grew in the teeth caused decay and dentists would make a hole in order for the worm to come out.

3. Which body system do teeth belong to?

The .....system

4. What invertebrate did Ancient Egyptians think they had in their teeth?

They thought they were .....

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What gas is produced in our body during the nutrition process?



And is all this air in my lungs?

## The incredible human machine

The food we eat and the oxygen we breathe give our body the energy it needs to carry out activities and vital functions.

Every day, our lungs inhale 14,000 litres of air. That's more air than is needed for six large hot air balloons. This enormous amount of air enters our blood through our lungs. If we were to stretch out the inner surface of our lungs, it would reach 70 square metres, nearly half the size of a tennis court.

Our intestines, which help our body absorb nutrients, stretch out to seven meters in length. Our body collects and carries nutrients from the 50 tonnes, or so, food that we consume throughout our lives.

Like an impressive machine, large organs manage to process such huge amounts in order to keep our bodies alive.

5. Which body systems does the text refer to?

The ....., .....  
and.....systems.

6. Figures:

Litres of air a day: .....  
Inner surface of lungs: .....  
square meters  
Length of our intestines: .....

5. Where did nomadic people keep the fresh milk?

They kept the milk in a .....

6. What did the fresh milk transform to?

It turned into .....

7. Why was yoghurt an important food in our diet?

It was .....to carry and prepare.

Where does food come from?

## Yogurt - a very ancient food

People have been eating yogurt since Ancient Times. In Asia for example, when traditional nomadic people travelled from place to place, they kept the fresh milk in a bag made of goat skin. The heat from the sun and the texture of the sack transformed the milk into yogurt. They didn't realise they were eating food, but it became an essential part of their diet because it gave them the nutrition they needed and it was easy to prepare and transport.

It's like eating a dinosaur.

